

*Division of Services to the
Deaf and Hard of Hearing*

DSDHH



Monthly Newsletter



January 2011 17th Year

**Robert G Sanderson Community Center
of the Deaf and Hard of Hearing**

5709 South 1500 West Taylorsville, UT 84123-5217

IN THIS ISSUE:

SANDERSON CENTER

DIRECTOR'S
MESSAGE

GOT INSTINCTS?
SANDERSON CENTER
CREATIVE CRAFTS
LEGAL CLINIC
CASE CLASS
INTERPRETERS

ST. GEORGE:

CALENDAR
OPEN HOUSE
HOH SUPPORT
GROUP -
DEALING WITH
DENIAL
MANY OTHER
ACTIVITIES!



Marilyn Call
Division Director

Director's Message:



Researchers and Policy makers are starting to pay more attention to something they call "Health Literacy". This term means making sure that as many as people as possible have the knowledge to prevent and treat health problems.

The Deaf and hard of hearing populations have been identified as one of the groups at risk for not having access to needed knowledge about their health. This stems from many factors in language barriers, not using sign language interpreters enough in health

care settings, less exposure to information through radio, overheard conversations and non-captioned TV programs.

The University of California at San Diego has been working on a project to help deaf people become more educated about cancer. You can now go to this website:

<http://cancer.ucsd.edu/deafinfo/>

and watch several videos on different types of cancer. They have both ASL and Captioning. Many new signs have been developed to explain cancers and their signs, symptoms and treatments.

We also have a set of the DVD's in our libraries at the Sanderson Center and the St. George Satellite Office. Due to the costs of the videos, we will ask people to watch the DVD while at the centers instead of checking them out.

Since one out of three people get some form of cancer we should all become aware and as informed as possible.

Do you want to learn more about how to make a difference in laws and funding that affect your life every day? Check out this free online class developed by the Deaf and Hard of Hearing Commission in Minnesota. It looks great. You can choose to watch it captioned or in ASL. Here is the link:

www.mncdhh.org/makingyourcase

(photo clip of site shown below)



Free Legal Advice

Interpreters will be provided.

Tele-conferencing is available throughout the state!

**Every 2nd Wednesday of each month
From 3:00pm to 5:00pm
Sanderson Community Center of the
Deaf and Hard of Hearing,
5709 South 1500 West,
Taylorsville, UT 84123**

**Talk privately with lawyers from the Utah
Legal Services if you have concerns about:**

Employment discrimination

Social Security issues

Food stamps

Medicaid/Medicare

Landlord/Tenant issues

Discrimination

Divorce

Custody

And other issues

Appointment is necessary. Please contact Kim Thornsberry at 801.263.4883 (VP/TTY) or email at legalclinic@utah.gov. Any ADA accommodations need to be requested when making an appointment



Joene Nicolaisen
LPC - Mental Health Counselor

Instincts mean what? That feeling you get inside your stomach or a message in your mind, it's something telling you, guiding you and helping you make decisions. Our instinct is something NOT to be ignored!

Instincts can be your best friend. Pay attention to it! Instincts have helped human beings survive through the years. For example, back when people lived in caves, they knew that they should not approach a tiger; they trusted their natural instincts to keep alive and safe. Often instincts are developed from making mistakes and then learning from those mistakes. Today, there are so many things such as television, Face book, friends, etc. that can influence us, maybe confuse us and lead us away from listening to our instincts. You are not alone. It happens to all of us. How do we obtain/regain the skill to pay close attention to our instinct?

We all have had the feeling that we should or should not do something, but we do the opposite! Do you find yourself frequently telling yourself, "I should have listened to my gut?" Or "I knew I should have picked the other ...", or "My friend told me to but I knew I should not".

These are messages that come from within us. Often we have regrets, we feel bad, sorry or frustrated for making a wrong decision or a decision we are not happy with. It could be as simple as picking the wrong paint color for the walls in your house because the sales person

at the local paint store suggested green when you really wanted yellow, but you didn't want to disappoint them. YOU have to live with the green! Trust yourself. It is okay to say "NO". It is okay to say, "I want to do it this way", it's okay to say "I need more time to decide"... and it is okay to change your mind. Many times in our lives we have well-meaning people advising us. It's okay to take their advice and many times their advice is intended to help us make the best decision. However, YOU are the only person who really knows what is best for YOU.

So, how do we make decisions while paying attention to our instincts? First, start with small steps by practicing with less serious decisions. This will help you will to gain confidence to help you make bigger decisions. Small decisions can be: ordering what you really want from the menu when going out to eat, even if someone else is ordering the same thing; choose the purple shirt instead of a safe white because you love purple! When you feel

more comfortable with making smaller decisions you are ready to make bigger ones.

When faced with making an important decision, first take your time. Really think it through – weigh the pros and cons. Picture yourself in that situation – do you feel good/comfortable? Or do you feel uneasy, nervous or frightened? Again, take your time. Often we feel pressured to make a decision quickly. Give yourself permission to ask to delay your decision to another day, a week etc. to give yourself more time. Most situations if important, will allow you time to decide, whether it be lending money to a friend, buying a car, house, accepting a new job, beginning or ending a relationship, etc.

So with the New Year, try developing a new awareness of truly being attuned to your instinct. You might be surprised at how your life will change if you do! Have a safe, healthy and Happy New Year!



Got Instincts?

YES! –It's a Good Thing to Have!



Inuits in the North

Speaker: Ella Williamson

January 19, 2011

2:00 PM

Lecture Hall



Display of things from Alaska

Several books

Pictures

Everyone is welcome!

DEADLINE to SIGN UP: January 14, 2011

dsdhhregistration@utah.gov

(ADA accommodations will be provided upon request)

State Funded Community Center for the Deaf and Hard of Hearing



*Jorie Hill
Facility Coordination*

As you know, we have a wonderful facility in the major metropolitan area, the Sanderson Center of the Deaf and Hard of Hearing, which is fully funded with state taxpayer monies as Utah state government agency. The Sanderson Center is a 32,000 sq. ft. of meeting space, community use areas, and a one-stop center for services to individuals who are Deaf or Hard of Hearing. There is a second location, the Southern Utah Program for Deaf and Hard of Hearing in St. George is currently located in an office near St. George Blvd. Hopes are within the next year this small office will combine with other Vocational Rehabilitation programs in the St. George area sharing use of large meeting space for classes and activities.

Individuals from many other states come to learn about the Sanderson

Center and its programs because it is so unique in its size, scope, and services. Some states are trying to get funding for their own center. As state employees, the staff of the Sanderson Center must follow state rules and regulations for human resources issues, purchasing and handling of money, and accountability for their time. Because of the state rules and regulations, or because of the less-than-Deaf-friendly policies and procedures, some individuals try to seek private funding free from cumbersome rules and regulations. As state employees we cannot accept gifts from clients as we are paid for our services and any gifts should go back to our employer.

As state employees, we have to consider how we use our time and how we conduct ourselves on state time using taxpayer money wisely. We have to submit paperwork to get permission for activities three weeks in advance, we have to know everything we will need for that activity a month in advance to have it all included on the paperwork. We have to be careful to handle money appropriately so it goes straight to the main office without being lost or stolen. Although we love working at a community center, we have to balance our time to greet consumers, provide services and perform our work representing the intent of the taxpayers. Please know we work hard to ensure this facility is open and welcoming to all people who are Deaf, Hard of Hearing, and their families, co-workers, friends and neighbors. We work hard to navigate the complexities of state rules and regulations in order to keep the facility neutral, open and flexible to meet the needs of the individuals we serve, to hire the most highly skilled individuals to provide effective services, and to keep this center up-to-date with national trends. Please feel free to use the facility, to have meetings, to get involved with group activities – old or young, Deaf, Hard of Hearing,

or family activities. There are some really great individuals who have a wealth of information, experience, and resources to share. Sitting at home in front of the television or computer can get you so far, but to relate an experience in ASL, or to have that one-on-one conversation with a person who you have seen around but don't know very well – you'd be surprised what you might enjoy getting to know.

We are working hard to ensure you have the facility that the Deaf community fought for so many years in the 1970's and 1980's, to ensure Deaf and Hard of Hearing people receive the information and resources to obtain needed equipment or services to live healthy and happy lives, free from communication breakdowns and discrimination. It's up to you to accept and utilize that benefit.



Creative Crafts Club



This new club replaces Quilt Celebration!



January 8, 2011 * 10 am to 3 pm

Bring your favorite homemade projects that you have done for the past two years and share with us!

It can be wood, glass, ceramics, painting, quilting, carving, framing drawing, beading, crocheting, etc

Sanderson Community Center of the Deaf & Hard of Hearing
5709 S. 1500 W. * Taylorsville, UT Room B and C

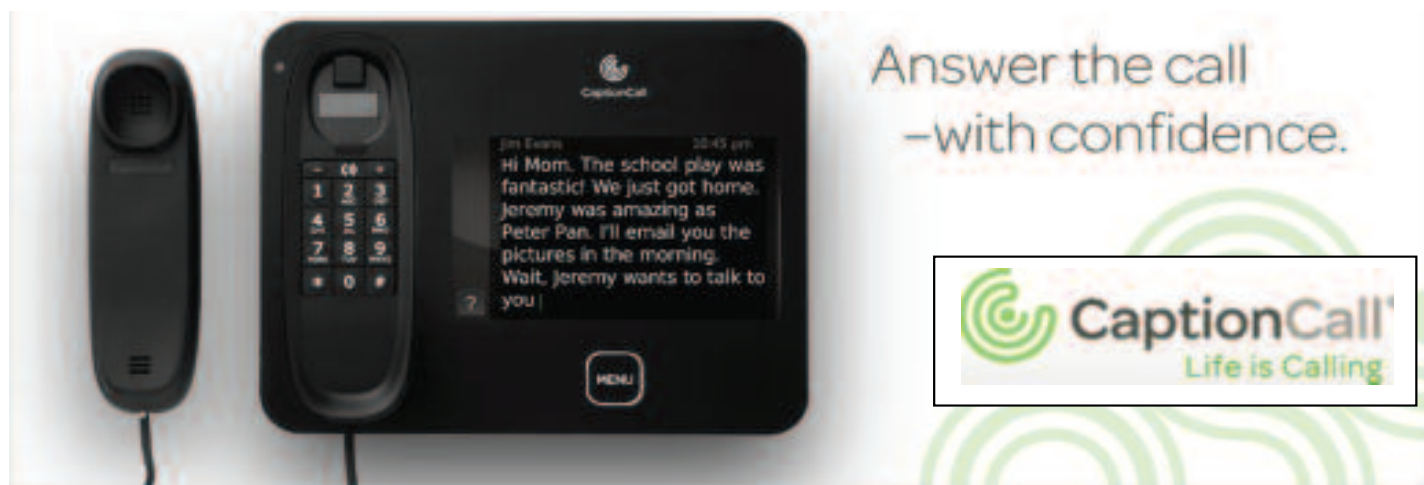
Bring your brown lunch to eat with us!

Robin Traveller - 801-657-5752/rtraveller@utah.gov

Moderator: Eleanor McCowan - emccowan@utah.gov

DEADLINE: January 5th, 2011

dsdhhregistration@utah.gov



Free to Utahns until February 2011

With the CaptionCall Solution, talking on the phone is stress-free. This state-of-art yet surprisingly simple device features of a large, easy-to-read screen that displays written captions of what your callers are saying. It's all part of their innovative solution to help you get more from your conversations—and from life. You will stay connected, work confidently, and be given independence!

How does it work? CaptionCall is a lot like closed-caption TV. It uses cutting-edge technology to display written, nearly instant captions. First, you hear your caller's voice over a standard phone line. Then, the CaptionCall phone sends their voice to the CaptionCall service which quickly converts words to text. The best part is the text is displayed on the screen of your CaptionCall phone.

The basic requirements for CaptionCall phone is high-speed internet, standard home analog phone line, and ordinary home electric outlet.

Interested? Contact Evelyn Hodges at ehodges@CaptionCall.com. You must be resident of Utah and have all of the basic requirements to qualify for a FREE CaptionCall phone.



Eli McCowan
Deaf Program Coordinator

Thanks to Interpreters !

Long ago, people from former positions in church, educational and court settings, had become the interpreters in our Deaf world. Some of them were CODA (Children of Deaf Adults) from growing up with the deaf members in their families. They had socialized with us by our invitation or trust.

The interpreters are still here today, but the scene has changed. The interpreters now are professional. They work in many areas such as work setting, courts, and government departments and even during disaster settings. Certified Deaf Interpreters are also recognized as professional interpreters.

Have you wondered ...

-Who is the person behind the hands than interpret?

-When was the last time we thanked the interpreter?

-Why do the interpreters continue training?

-How much effort and time do interpreters spend working to close the communication barriers between the hearing and deaf worlds?

How do we show our appreciation for how hard the interpreter is working to keep us involved in small and large settings?

We are very fortunate to have interpreters for the deaf and hard of hearing in all fields. The interpreters are like business people who have drawn their lines between their

customers and friends. Sometimes interpreters date or marry deaf people/friends. Sometimes, they have hearing spouses, partners or best friends that don't know ASL or Deaf culture. They have the right to have their own lives outside of their professional lives.

The interpreter is a human being, not the "service staff". We ought to let them know how much we appreciate them. Most are grateful when we help them by giving them feedback so that they will continue to improve their skills.

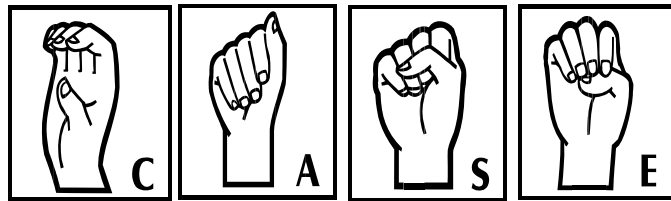
It is required for the budding interpreter to have education, skill, talent and experience to go through the processes of becoming an interpreter. We ought to thank the Registry of Interpreters for the Deaf and their states association as well as interpreting agencies, of course! The interpreters continually seek to improve their work. We get the benefits of their learning in many sizes of settings or in one-to-one

appointments.

In order to achieve the broad understanding of our lives as the deaf people, some of the interpreters have socialized with some of us while the others may choose to approach their continuance of learning with us in different ways. How? They may be useful in certain fields such as in medical, legal, and education settings. Yet, they are listeners when the deaf explain their feelings and thoughts, from frustration to accomplishments.

Although there is no "Interpreters Day" like Human Rights' Day this month, we want the interpreters to know how much we appreciate them. The more they receive encouragement, positive lessons, or thanks from us, the more they will continue to be devoted as the major link between the hearing and deaf worlds!

Let's make Interpreters know they are valued. Make it your New Year's resolution!



Conceptually Accurate Signed English

learn American Sign Language using an English-based vocabulary

People who are Hard of Hearing & Late Deafened and their Families, Co-Workers, Friends, and People who are losing their hearing

Two locations!

Slow-paced class!

1,000 Signs of Life book is required for the first day of class. You can purchase the book from UAD Bookstore.

Every Tuesday

January 11 to March 1, 2011

10:30am to 11:30am

Sunday Anderson Westside

Senior Center

868 West 900 South

Salt Lake City

Call 801-538-2092 to register

Every Tuesday

January 11 to March 1, 2011

6:00pm to 7:30pm

Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West Taylorsville

Send email to:

dsdhhregistration@utah.gov or call the Front Desk at 801-263-4861

Class will be taught in spoken English. If any ADA accommodation are needed, please let us know when you register.



SUDHHP

Southern Utah Deaf and Hard of Hearing Program
(an extension program of DSDHH in Southern Utah)



January 2011

Southern Utah Deaf and Hard of Hearing Programs
1067 E. Tabernacle, Suite 10 St George, Utah 84770
(435) 673-8974 voice/tty (866) 939-2975 VideoPhone kbutler@utah.gov

Schedule of Activities

ASL Classes starting Jan 11th & 12th

Tuesdays

Level 1 & Level 3 : 5:30 to 7:00pm
Level 2 & Level 4 : 7:15 to 8:45pm
Deaf Center office

Wednesdays

Level 1 : 5:30 to 7:00pm
Level 2 : 7:15 to 8:45pm
Deaf Center office

Wednesdays : Open ASL Lab 5 to 9pm
Deaf Center office

3rd - Crafts Day

10:00 to 1:00 pm
Deaf Center

12th - Hard of Hearing support group
Guest speaker - 7:00 pm at the Deaf Center

13th - Open House at Deaf Center
6:00 to 9:00pm

14th - Ice Cream Social at Ice Berg Drive inn
St George Blvd 6:00 to 8:00 pm

15th - EIPA Workshop via polycom
9:00 am at the Deaf Center

17th - OFFICE WILL BE CLOSED

20th - Sub-committee meeting at deaf center

20th - Sego Lily Workshop 7:00 to 8:30pm
Deaf Center

22nd - Kids Club Activity
9:00 to 11:00 am at the Deaf Center

27th - Silent Game Night
6:00 to 8:00 pm at the Deaf Center

28th - Pirate Pizza Social 6:00 to 8:00pm

29th - Terp Time meeting 9:00 to 12:00
At the Deaf Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
For Statewide activities, checkout www.uad.org For more information on state services www.deafservices.utah.gov We can also be found on Facebook! Become our friend. :)						
	1 Crafts Day	2 	3 Open ASL lab	4 	5 	6
7 	8 	9 ASL class starts	10 Open ASL Lab ASL class starts <i>Hard of Hearing support Group - Guest Speaker</i>	11 Open House 6 to 9 pm	12 Ice Cream Social	13 EIPA workshop via polycom 9:00 am
14 Office Closed Martin Luther King Jr. day	15 ASL class	16 ASL class	17 Open ASL lab	18 Sub-committee meeting Sego Lily workshop		19 Kids club
20 	21 	22 ASL class	23 ASL class Open ASL lab	24 Silent Game Night	25 Pirate Pizza Social	26 Terp Time 9 to 12:00
27 	28 	<div style="border: 2px dashed red; padding: 5px;"> Remember to always RSVP to reserve your spot at any of the activities. If we receive less than 5 RSVPs, we will cancel the event. Let us know if you need any ADA accommodations when you RSVP. Thank you. </div>				

Administration		email address	telephone #
Marilyn Call, Division Director		mcall@utah.gov	801-657-5219 vp, 801-263-4889 v
Edie McCormick, Executive Secretary		emccormick@utah.gov	801-313-6815 v, 801-657-5209 vp
Building Operations			
Jorie Hill, Facility Coordination		jrhill@utah.gov	801-263-4886 v, 801-657-5210 vp
April Trocki, Secretary		atrocki@utah.gov	801-657-5200 vp
Adam Shewell, Building & Grounds Supervisor		ashewell@utah.gov	801-657-5224 vp
Julio Enriquez, Building & Grounds Assist.		jenriquez@utah.gov	801-657-5208 vp
Deaf and Hard of Hearing Programs			
Eli McCowan, Program Manager		emccowan@utah.gov	801-657-5216 vp
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Robin Traveller, Hard of Hearing Specialist		rtraveller@utah.gov	801-263-4879 v, 801-657-5752 vp
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Joene Nicolaisen, Counselor		jfnicolaisen@utah.gov	801-313-6814 tty, 801-657-5218 vp
Kimberly Thornsberry, Case Manager		kthornsberry@utah.gov	801-263-4883 tty, 801-657-5227 vp
Outreach and Technology Program			
Mitch Moyers, Program Manager		mmoyers@utah.gov	801-263-4887 v, 801-657-5217 vp
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Mitch Jensen, Program Manager		mfjensen@utah.gov	801-263-4875 v, 801-657-5214 vp
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Jennifer Storrer, Interpreter Trainer		jstorrer@utah.gov	801-263-4873 v/tty, 801-657-5213 vp
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Paul DeGraw, Interpreter Mentor		pdegrow@utah.gov	801-313-6808 v
Clay Anderson, Interpreter Mentor		clayanderson@utah.gov	801 263-4870 v, 801-657-5212 vp
Utah Independent Living Center staff housed at Sanderson Center			
Carole Peck, Peer Support Enhancement		carolpeck@utah.gov	801-657-5220 vp
Vocational Rehabilitation staff housed at Sanderson Center			
Scot Ferre, Voc. Rehab Counselor		sferre@utah.gov	801-657-5221 vp
Karen Osborn, Voc. Rehab Sec (Pt-time)		kosborn@utah.gov	801-263-4893 v/tty
Michelle Draper, Interpreter		mddraper@utah.gov	801-313-6809 v
Southern Utah			
(VACANT), Coordinator, So. Utah Programs			435-673-8983 vp
Meredith Winn, Secretary		meredithwinn@utah.gov	866-939-2975 vp
Peggy Garrison, Hard of Hearing Specialist		pgarrison@utah.gov	435-628-5368 v
Karen Butler, Program Assistant		kbutler@utah.gov	435-628-5367 v, 866-939-3196 vp

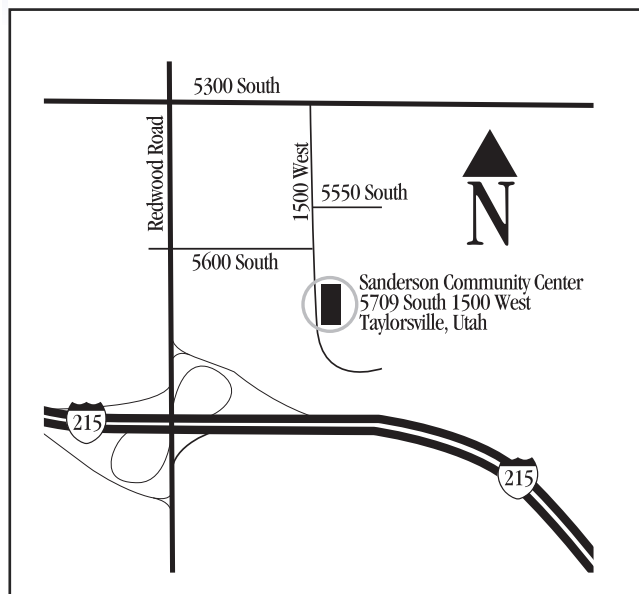
CONTACTS

Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West

Salt Lake City, Utah 84123-5217

RETURN SERVICE REQUESTED



Map To DSDHH

For information regarding deadlines and submission of flyers,
please contact Edie McCormick at 801-263-4860 v/vp/tty.

Did You Know?

You can also view this newsletter and
other current information online at:
WWW.DEAFSERVICES.UTAH.GOV

Mission Statement

To provide opportunities and programs to individuals who are deaf or hard of hearing which enhance or maintain the skills necessary to fully participate in their employment, family and community.